

GOAL: Stay healthy and consistently fit to play all season



Things to consider:

- The ability to stay healthy and fit during a season involves things that are in your control (preparation, conditioning, etc.) and things that are out of your control (opponent, field conditions, etc.). Can you focus on what you have control over?
- Increasing levels of fitness comes from hard work, consistency, and resilience. Keep trying your best to improve.

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
Warmup: Always warmup properly <ul style="list-style-type: none"> • FIFA 11+ Warmup – (Click Here for Video) Strength exercises: <ul style="list-style-type: none"> • Cristiano Ronaldo bodyweight circuit – (Click Here for Video) Cardiovascular Exercises <ul style="list-style-type: none"> • With the ball – (Click Here for Video) Agility Exercises: <ul style="list-style-type: none"> • Balloon drill – partner or solo (Click Here for Video) • 4 cone agility – (Click Here for Video) Injury prevention exercises <ul style="list-style-type: none"> • ACL Prevention – (Click Here for Video) Nutrition <ul style="list-style-type: none"> • Click Here for presentation from US Youth Soccer Recovery: After workout, practice, or games <ul style="list-style-type: none"> • Stretches – (Click Here for Video) 	Attitude: <ul style="list-style-type: none"> • Come to practice to improve and have fun. How can you improve your fitness at practice? • Growth mindset: your fitness is not fixed, it can improve if we're focused on learning and put in our best effort. Focus: <ul style="list-style-type: none"> • On the process of improving your fitness. It's sometimes slow, but you can always improve. • When you're learning something new (like strength training), we need to put more focus on the technique. After many repetitions, the focus can then shift as you can do the technique without as much thought. Effort: <ul style="list-style-type: none"> • You can gain a lot of soccer-specific fitness in training sessions if you put in maximum effort, especially when you scrimmage. 	Before Game: <ul style="list-style-type: none"> • Mental repetition: Visualize an example of when you showcase good fitness (running past a defender, strength in a tackle, etc.). Replay that moment in your mind 5-10 times. Instead of just "seeing" that moment in your mind, focus on how it felt. Find another example and repeat. In warmups: <ul style="list-style-type: none"> • Focus on warming up properly so your body is ready to play. Once the game begins: <ul style="list-style-type: none"> • Trust yourself and your preparation. GO ENJOY IT! After the game: <ul style="list-style-type: none"> • Recover with good nutrition and taking care of your body.

Short Term Goals: *Note these are just examples. Feel free to come up with different ideas you can do consistently throughout the season that will help you achieve your goal*

- Outside of practice: Spend (your choice) of minutes doing one (or more) of the exercises. Do these exercises (your choice) days a week.
- At practice: Rate yourself on a 1-10 scale (1 being your worst 10 being your best) on your attitude, focus, and effort after every practice. Can you consistently be at an 7-10?
- Games: Try mental repetitions before each game (night before, car ride, etc.). After the game, did you think it worked? Why or why not?